Hopi Behavioral Health Services I'm for Life Program is coordinating run/walk events, zoom presentation, and activities throughout the month of September to bring awareness and education to our Hopi/Tewa people regarding Suicide Prevention.

SEPTEMBER 2021

*EVERYONE HAS A ROLE IN SUICIDE PREVENTION!*

*TAKE THE CHALLENGE TO EDUCATE YOURSELF ON SUICIDE PREVENTION*

If you would like to send pictures of the activities you implemented please send to [Chardy@hopi.nsn.us](mailto:Chardy@hopi.nsn.us) or [BScott@hopi.nsn.us](mailto:BScott@hopi.nsn.us)



NATIONAL SUICIDE PREVENTION MONTH

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| S U N | M O N | T U E | W E D | T H U | F R I | S A T |
|  |  |  | 1  **I'm for Life Run/Walk Moenkopi Comm. Center 6:00 PM**  **EDUCATE YOURSELF ON SUICIDE PREVENTION!** | 2  **Self Care & Resilience Presentation By Joe Baca**  **9:00am-10:00am** | 3  **Thank someone for the happiness they have brought into your life** | 4  **Family Movie Night** |
| 5  **You are important, Your feelings matter, Your story matters, Your life matters!** | 6  **Reflect on what makes you special (letter to self)** | 7  **I'm for Life Run/Walk Peace Academic Center 6:00 PM** | 8  **2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for**  **Community Actions (NACA)** | 9  **2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for**  **Community Actions (NACA)** | 1 0  **2021 Indigenous Youth Suicide Prevention Conerence Sponsored by Native American for**  **Community Actions (NACA)** | 1 1  **Once you choose hope anything's possible!** |
| 1 2  **You are more precious to this world than you'll ever know!** | 1 3  **Andrea's presentation** | 1 4  **Lexis Presentation** | 1 5  **Make dinner together as a family** | 1 6  **Perform a random kind of kindness** | 1 7  **Do something creative with your family** | 1 8  **Trust yourself!**  **You've survived a lot, and you'll survive whatever is coming!** |
| 1 9  **Family Dinner** | 2 0  **Self Care & Resilience Presentation By**  **Joe Baca 9:00am-10:00am** | 2 1  **Family walk/run** | 2 2  **Read a book to your child/neice/nephew/ grandchild** | 2 3  **Safe Talk Presentation By Aeon & Charmayne First Mesa Youth Center @1:00pm** | 2 4  **Call a family or friend you haven't spoke to in awhile.** | 2 5  **Your time can change a life!** |
| 2 6  **Stay Positive!**  **Better days are on their way!** | 2 7  **Lexi presentation** | 2 8  **Make a dessert with your family** | 2 9  **burn candle or release balloon with message** | 3 0  **Wear teal shirt day** |  |  |

**For any questions please call (928) 675-8056 or email Bscott@hopi.nsn.us/Chardy@hopi.nsn.us**

